

Patron

His Grace The Duke of Argyll

Hon. Life President

Catherine A. Paterson MBE  
Co-founder Dochas Centre



**Dochas Carers Centre**

Supporting Unpaid Carers

## DOCHAS FOCUS Spring Newsletter 2022

### Welcome to the Dochas Spring Newsletter – Dochas Focus 😊

How the world is changing and so fast; one minute a pandemic – and we thought we were all coming out of that – and then the cost of living starts to soar. And then Ukraine, whose suffering seems quite unimaginable; I'm sure we all agree our thoughts are with the people of Ukraine in the hope for a swift ceasefire and a return to a state of human normality.

And then back here, having to care for someone else; on top of everything else. And we all know that caring can be hard, thankless and at times lonely. But caring can often bring out the best in us (even though it may not seem like it at the time) and that is why Dochas is here to support you every step of the way, along your caring journey.

### So; what's been happening ?

#### Dochas has its first President...!



...after 20 years as Chairman of Dochas, the Dochas Board were delighted to elevate Catherine Paterson to the newly created role of Honorary Life President. The occasion took place by virtual reality at the AGM in December, when Catherine was 'presented' with a letter from the Dochas Patron, The Duke of Argyll. This is such a fitting role for Catherine who, as Co-Founder of Dochas with her late husband John, has devoted her life to the

well-being of Unpaid Carers in this part of Argyll; Catherine is looking forward to continue being a great ambassador for Dochas.

#### New Dochas Chair



At the same time the Board were delighted to appoint Margaret Jacobsen MBE as the new Dochas Chair; Margaret has served on the Dochas Board for many years, most recently as the Vice Chair.

And so, now; where would you like to Focus ?

#### FOCUS ON MID ARGYLL

Gradually we have started to enjoy a return to face to face gatherings in the Lochgilphead Centre and the drop-in sessions have

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certainly been welcomed by everyone.

Maybe you too would you like to meet up with other Unpaid Carers from the Mid Argyll area? Take a bit of time for yourself, have a cuppa (and a biscuit and a chocolate; there's a whole basket of them on the table) and a chat? Get to know staff at the Dochas Centre in Lochgilhead – you will always be very welcome 😊

Here's some Unpaid Carers having fun at pottery classes in Lochgilhead



And some cycling fun



**The Unpaid Carers' Drop-In is held every**

**Thursday morning 10.30 am until 12 noon.** The door is open and no appointment is required. You can come along and enjoy some company, make new friends and catch up with news. If you can only pop in for a short time, that's ok. It would be good to see you.

**The Autism Support Group is generally held on the last Wednesday of each month at 10 am.** If you care for someone with autism or other similar neurodivergent condition, then you would be welcome to this peer support group.

**The Parkinson's Support Group is held on the first Thursday of every month at 2 pm (subject to change).** If you care for someone with Parkinson's then you and they are welcome to come along to this monthly support group.

**Dementia Support Group is held on the last Wednesday of each month 1.30 pm -** If you care for someone with dementia and could come along (you can bring the person you care for too) **For information on all groups please contact**

**Heather at Dochas 01546 600 022.**

### **FOCUS ON ISLAY**

#### **Craft Cake Chat and Cuppa Group**

In March, by popular request, the craft chose to do water colour painting again.



The group all tried different paintings. The results were fantastic, as you will see from the photos. All the carers really enjoyed their afternoon and this was demonstrated by the smiles on their faces.



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is such a relaxing afternoon. Carers commented that it was another great craft day and I was delighted that they all recognised their creative abilities and one said “we are a talented group”.

It was ‘10’s’ all round again from the group !



There is no doubt our workshop leader Jennifer is an inspiring teacher who shows patience and great encouragement. Looking forward to our next afternoon together.

### **FOCUS ON KINTYRE & GIGHA**

Kintyre Drop-In service has moved to the first and third Tuesday of every month. **A new parent peer support group will start on Wednesday 27<sup>th</sup> April** and will then be held

on the last Wednesday of each month. All of the above are held in the Community Centre in Campbeltown from 10.30 – 12.30 and everyone is very welcome.

### **VOLUNTEER WITH DOCHAS BE-FRIENDING**

#### **Ever thought about befriending someone ?**

Would you be willing to give a little of your time and help an Unpaid Carer by joining our Circle of Friends and becoming a Befriender ? Then please do contact **Ryan on 07932 039801**. You really could make a huge difference!

#### **Here’s what a local Dochas befriender has said:**

*“I’ve been a volunteer befriender since Dochas first started offering the service. **Why did I volunteer?** - it seemed a good thing to do to try and help people whose lives might be lonely and who might not get many visitors. Some of the people who want a*

*befriender are alone, or disabled, or live too far from family for there to be regular visitors.*

#### **They like knowing that someone will turn up regularly on their doorstep with a friendly smile and chat.**

*And how we chat! I’ve learned such a lot from the people I’ve befriended, one of them was a shepherd and I’ve learned quite a lot about sheep, one was a historian and was on the fringe of many of the great events of the 20<sup>th</sup> century and mixed in a group that included Churchill. Some people need coaxing to share their stories and we begin with where we live and the weather and the local shops, just normal everyday conversation that they don’t get much of. **What do I get from volunteering?** A great deal, it’s an opportunity to share with people you might not otherwise meet and through that meeting my life has been enriched. I’ve heard about families, their history, their neighbours, their carers.*

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*And carers are so important to many people.*

*But the one thing I can give them that few other people can is that I am a volunteer, who has chosen, I'm not paid, to get to know them and I've committed myself to visiting each fortnight for about an hour. As we get older the number of people we see that are not relatives or carers diminishes and that contact becomes very valuable and is treasured by both the befriender and the befriended. I'm grateful to Dochas for giving me this opportunity and so pleased that I've met such lovely people."*

### **New Governance**

Dochas is delighted to announce that on 13<sup>th</sup> April 2022 the Office of the Scottish Charity Regulator (OSCR) registered Dochas as a Scottish Incorporated Charitable Organisation – SCIO. We shall gradually migrate our emails into the

new simpler 'dot scot' format.

### **New Trustees Required**

Could you join our Board as a Trustee or do you know someone who might? We meet four times a year and are responsible for all that Dochas does. We have marvellous staff and at our meetings a high spot is the report from staff telling us what is happening around Argyll. We have a range of skills on our Board and we'd especially welcome anyone with experience of finance, HR legislation, medical knowledge or caring in a specialised field; we'd like to talk with you. You're very welcome to call Margaret on 01564 606 914 or you can email [Peter manager@dochas.scot](mailto:manager@dochas.scot)

### **COTACT US**

Do get in touch whenever you feel like it; all our services supporting Unpaid Carers – that's you – are free.

**Telephone Dochas**  
**01546 600 022**  
**Enquiries@dochas.scot**

**Mid Argyll 07464 308 418**  
**Kintyre &**  
**Gigha 07535 036 953**  
**Islay & Jura 07912 015 393**  
**Counselling**  
**(Free) 07432 231 217**

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